





SHS - PCH DEPARTMENT PRESENTS:  
**PUBLIC HEALTH SERIES**

**HEALTH PROMOTION  
FAITH-BASED COMMUNITY  
ORGANIZATIONS**

**DR. GINESKA CASTILLO**



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# INTRODUCTION



- Dr. Gineska Castillo, *M.D, M.P.H, CHES, C.P.H*
- Director of MPH Program Online
- Instructor Mentor



- *Currently* Classes: HLTH 623 (GH), HLTH 660 (EH), & HLTH 698
- *Past* Classes: HLTH 507, HLTH 507, HLTH 620, HLTH 622, & HLTH 625



# CONNECTIONS

Medical Practice  
in the US

Liberty  
University

Calling &  
Ministry

Tu Consultor de  
Salud (TCS)





# IMPORTANCE OF FAITH-BASED HEALTH PROMOTION & PREVENTION ACTIVITIES



What is *health*?

**WHO** definition



# IMPORTANCE OF FAITH-BASED HEALTH PROMOTION & PREVENTION ACTIVITIES

## FAITH

shows the reality of what we hope for **Strength, Resilience, & Hope**

## FAITH

**foundation** for values decisions and actions

## FAITH

Faith-based approach address: **physical, emotional, social & spiritual dimension**



# IMPORTANCE OF FAITH- BASED HEALTH PROMOTION & PREVENTION ACTIVITIES

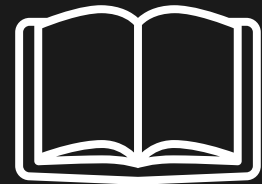
“And as Moses lifted up the bronze snake on a pole in the wilderness, so the Son of Man must be lifted up so that everyone who believes in him will have eternal life”

John 3:14-15

“Then the people of Israel set out from Mount Hor, taking the road to the Red Sea[\[a\]](#) to go around the land of Edom. But the people grew impatient with the long journey, and they began to speak against God and Moses. “Why have you brought us out of Egypt to die here in the wilderness?” they complained. “There is nothing to eat here and nothing to drink. And we hate this horrible manna!”

So the Lord sent poisonous snakes among the people, and many were bitten and died. Then the people came to Moses and cried out, “We have sinned by speaking against the Lord and against you. Pray that the Lord will take away the snakes.” So Moses prayed for the people. Then the Lord told him, “Make a replica of a poisonous snake and attach it to a pole. All who are bitten will live if they simply look at it!” So Moses made a snake out of bronze and attached it to a pole. Then anyone who was bitten by a snake could look at the bronze snake and be healed!” Numbers 21:4-9

# IMPORTANCE OF FAITH-BASED HEALTH PROMOTION & PREVENTION ACTIVITIES



## SANTIFICATION & HEALING

Books of **Deuteronomy**  
and **Leviticus** and  
History



## ESSENTIAL PH GUIDELINES

**Prevent** the spread of  
**diseases**, ensure food  
safety, and maintain  
hygienic living conditions



## JEWISH PEOPLE

Public Health  
Preservation



# DEFINITION

- Faith-based health promotion **encompasses strategies and initiatives developed and implemented by *faith-based organizations (FBO)***
  - **FBO**: churches, ministries, synagogues, and temples
  - **Programs**: Healthy lifestyle interventions, Health education, support system.
  - **Aim**: to improve the health and well-being of their congregations and surrounding communities.





# DEFINITION

- Faith-based health promotion **recognizes** the role of **spirituality** and **faith** in promoting *holistic health*.
  - **mind-body-spirit** connection.
  - **Spiritual well-being** can profoundly impact their physical and mental health.
  - **Encourages** individuals to draw **strength** and **resilience** from their faith: *prayer, meditation, and spiritual practices* as part of the healing journey





# DEFINITION

- Faith-based health promotion **extends beyond** individual and community-level efforts
  - **Global and international** initiatives
  - **Interconnection:** faith-based organizations partner with healthcare institutions, governmental agencies, and non-profit organizations.
  - **Aim:** to *improve access* to healthcare and **promote** preventive measures in *underserved* regions.

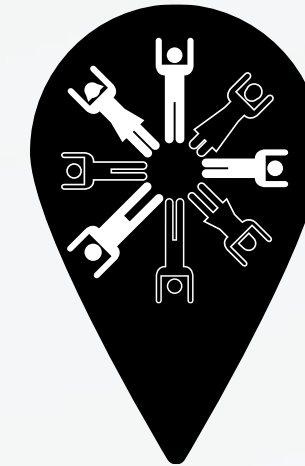


# HIGHLIGHT THE SIGNIFICANCE OF ADDRESSING HEALTH ISSUES WITHIN A FAITH- BASED CONTEXT (FIELD-EXPERIENCE)



## HOLISTIC WELL-BEING

- Faith-based context recognizes individuals are interconnected physical, emotional, social, and spiritual dimensions.
- Integrating faith with public health and healthcare: communities and individuals receive a comprehensive support
- Considering spiritual and emotional well-being
- Promoting a complete sense of health and well-being.



## CULTURAL RELEVANCE

- Faith plays a vital role in the lives of individuals and communities (values, beliefs, and daily practices)
- Faith-based context
- Acknowledges respects cultural and religious influences.
- Provides a culturally sensitive approach produces interventions engaging and effective.
- Fosters trust leading to better health outcomes.



# HIGHLIGHT THE SIGNIFICANCE OF ADDRESSING HEALTH ISSUES WITHIN A FAITH- BASED CONTEXT (FIELD-EXPERIENCE)



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## COMMUNITY SUPPORT & RESILIENCE

- Faith-based communities offer a strong sense of support and belonging.
- Per the NIH: A family reunion is a great opportunity to promote family health.
- Per the Bible Principle: Church is where the God's family meets. Church is also the bride. God is our father, and we are brothers and sisters.
- FBO is a network of emotional and practical assistance.

This support system:

- promote resilience in the face of health challenges,
- reduce feelings of isolation,
- provide a sense of hope and purpose

The faith-based context encourages collective prayers, shared rituals, and communal efforts that bolster individuals in their health journeys, strengthening their ability to cope with illness and adversity.

- The faith-based context encourages the community with:

- collective prayers
- shared rituals
- communal efforts

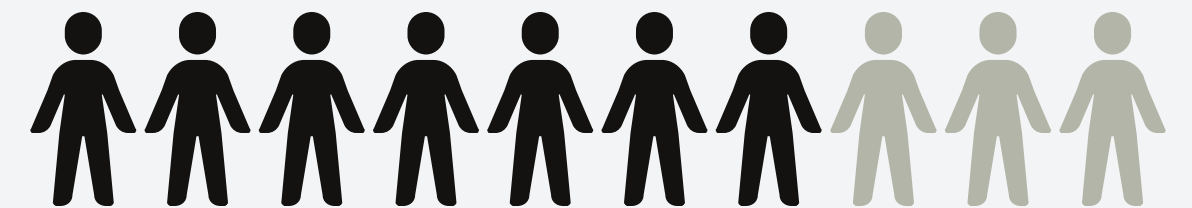
Helping individuals within their communities (FBO) in their healthy journeys

Strengthening: ability to cope with illness and adversity.

# CURRENT RESEARCH FAITH & PUBLIC HEALTH

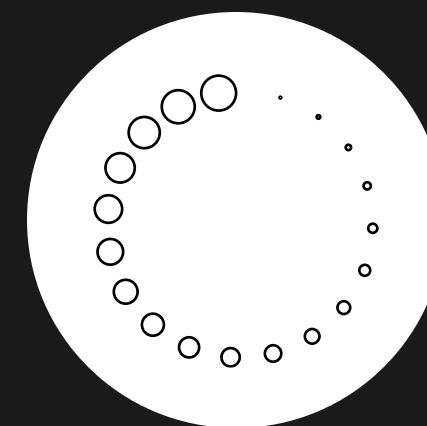
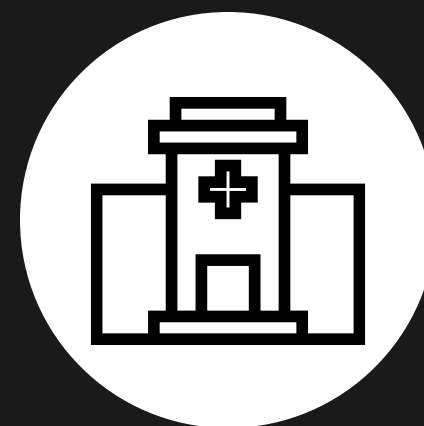
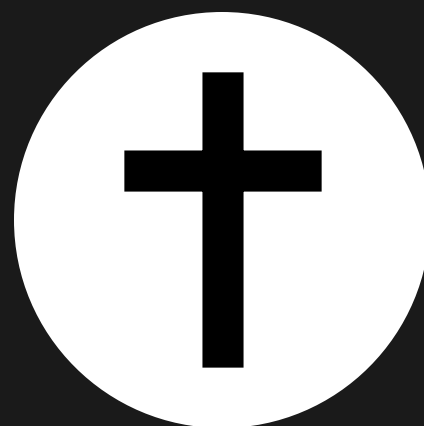
- Positive impact of faith on mental and physical health (relationship between spirituality and well-being).
- Effects of faith and religious practices on mental health outcomes:
  - Individuals who engage in regular religious activities, such as prayer, meditation, or attending religious services, report lower levels of stress, anxiety, and depression.
  - Faith can act as a source of **resilience**, providing a **sense of purpose** and **hope** during challenging times (important for mental health)
    - Faith-based coping strategies enhance emotional well-being and help manage psychological distress.
- **73% of addiction treatment programs in the USA include a spirituality-based element** (12-step programs and fellowships initially popularized by Alcoholics Anonymous and Celebrate Recovery), where majority of which emphasize reliance on God or a Higher Power to stay sober.

73%



# CURRENT RESEARCH FAITH & PUBLIC HEALTH

- **Benefits** of faith on *physical health*.
  - Individuals with strong religious convictions
    - Healthier lifestyle choices (lower rates of smoking and alcohol consumption),
    - Reducing risk factors for chronic diseases (Heart Disease, Obesity, Cancer)
- Benefits of faith on social support.
  - Individuals with strong religious convictions
    - Influence health outcomes.
    - Shared religious values, encourage healthy behaviors
    - Act as a buffer against the adverse effects of stress in life.
    - Facilitate healing and recovery processes for different medical contexts.



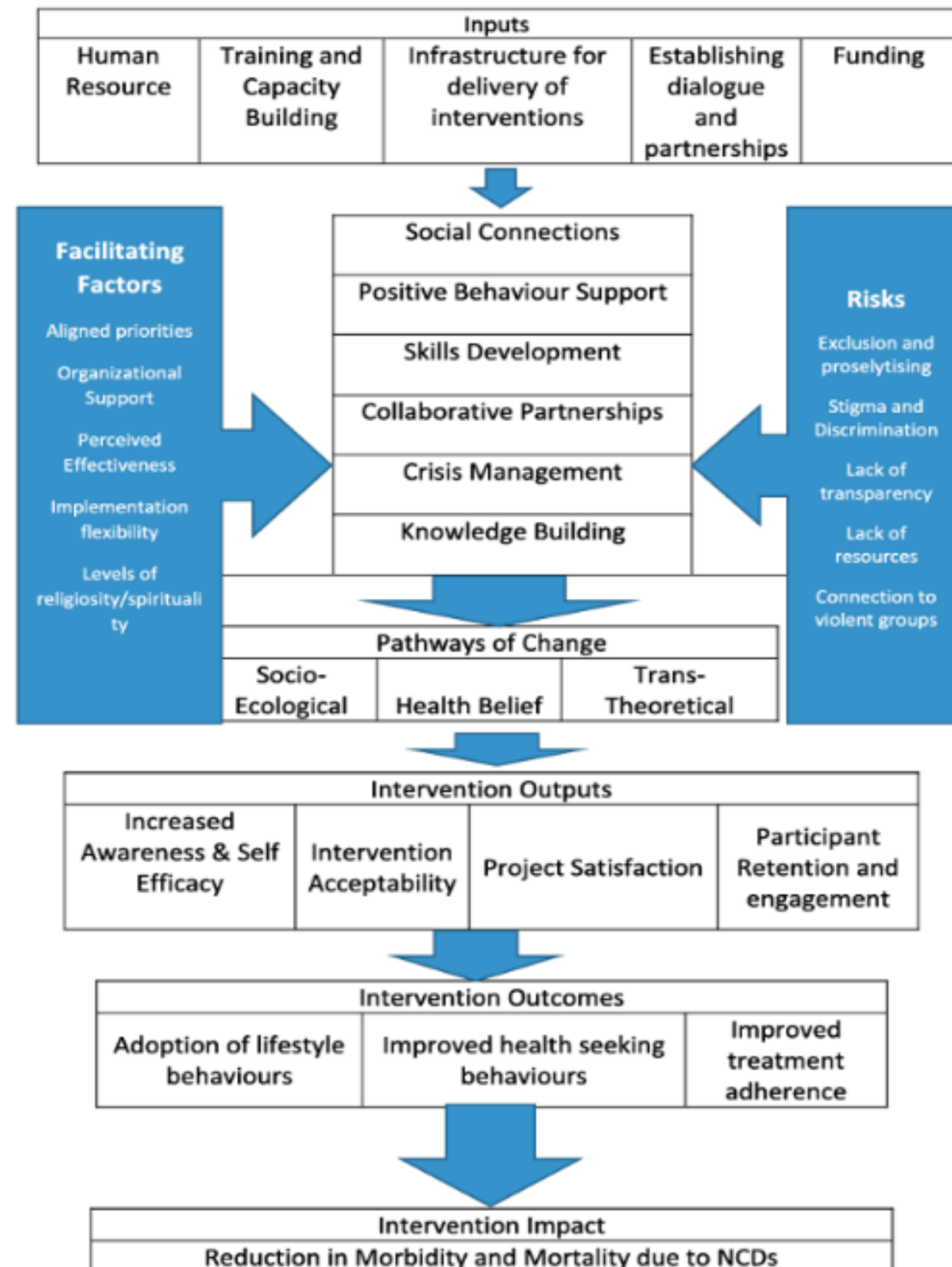


# **CURRENT RESEARCH FAITH & PUBLIC HEALTH**

- **Targeted faith-based and faith-placed interventions for noncommunicable disease prevention and control in low- and middle-income countries: a systematic review protocol – 2022**
- **Key findings:**
  - **Evidence of the effectiveness of faith-based and faith-placed interventions for preventing and controlling NCDs and their known risk factors in resource-limited settings has not been synthesized previously.**
  - **Program managers and policymakers can use this evidence to allocate health resources effectively considering these settings in addition to commonly used settings like schools and workplaces.**
  - **The scope of the review covers low- and middle-income countries; there is still room for an all-encompassing review for developed countries, which can serve as a basis for comparison.**



# MODEL: SYSTEM BASED APPROACH TO EVALUATE FAITH-BASED INTERVENTIONS



**Fig. 1** A system-based approach to evaluating faith-based ad/or faith-placed interventions For NCD's



**QUESTIONS**

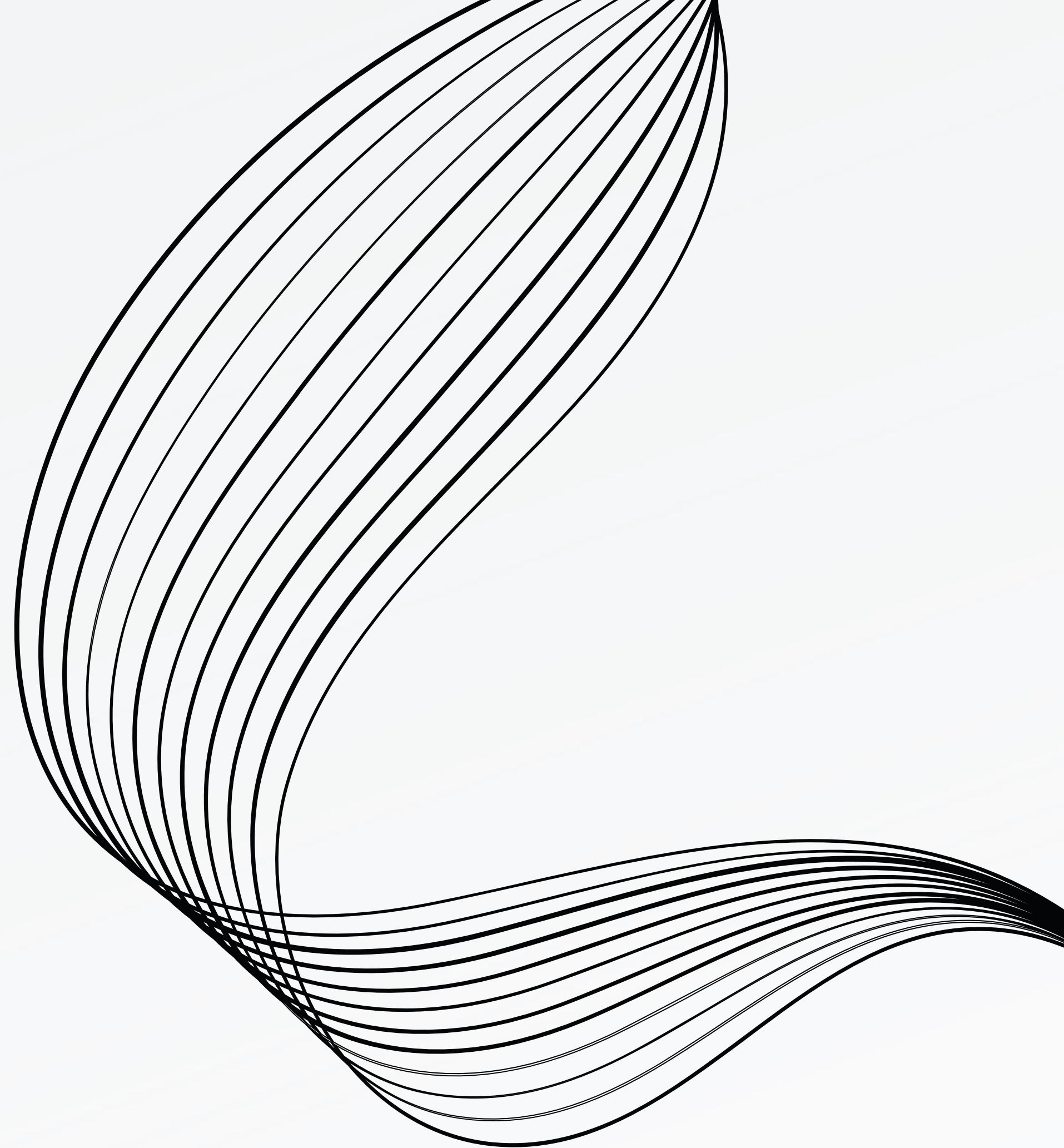
**&**

**ANSWERS**



# THANK YOU FOR YOUR TIME

*God bless you!*



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